

FREDERICK COUNTY COMMISSION ON AGING MINUTES
FMH at Crestwood
7211 Bank Court, 2nd Floor
Frederick, MD
August 8, 2016

COA MEMBERS	DOA STAFF	EXCUSED	UNEXCUSED	GUESTS
Ernell Graham	Kitty Devilbiss	Mary Beachley	Elizabeth Chung	Amanda Crawford
Tom Lawler	Susan Hofstra	M.C. Keegan-Ayer		Cathy Hanson
Dianne Lewis	Sue Ramsburg	Randy McClement, Mayor		Marilyn Herbert
Karen Lewns	Carolyn True	Tish Raff		Bryan Hissong
Ann McDermott		Sandra Wastler		Louise Lynch
Marie Reeves				Tony Miller
Thea Ruff				Sharon Payne
Leslie Schultz				Joyce Rowe
Bobbie Speace				Paula Wilhelm

- I. **Call to Order** – Dianne Lewis called the meeting to order at 1:00pm.
- II. **Welcome & Introductions** – Dianne welcomed all attendees. She gave a brief description of the Commission and its goals. She stated that Public Comment has been moved to an earlier spot on the agenda. Commission members around the table introduced themselves. Staff and guests around the room introduced themselves.

- III. **Action on the Agenda** – No new agenda items.
- IV. **Approval of Minutes** – The minutes of the June 13th meeting were approved as written. Leslie Schultz made a motion to approve the minutes and Bobbie Speace seconded the motion. All were in favor.

Frederick County Public Library (FCPL), Bryan Hissong, Community Services Coordinator – Dianne gave a brief description of Bryan's credentials and personal background. Bryan thanked the Commission for the invitation to today's meeting. He stated he is new to the area and is interested in promoting adult services in the FCPL which is also new to the library system. Historically the focus has been on teen and children programs.

One goal is help seniors with computer and technology education. One of the new options is one on one tech training which requires an appointment with someone at the library. There are many digital resources available with some training on how to use the systems. Another program is "Teens Teach Tech" which is located at the Urbana and Brunswick libraries. Another focus is on health and wellness education with programs on diet and age appropriate exercise. There is a new program on history and genealogy which will include community specific history information. There will be a "Moonshine in the Catoctins" event at the Thurmont Library on August 8th at 6:00pm. There will be a historical event in Brunswick called "The Way it Used to Be" with a photo display. Bryan stated that it is very important for librarians to go out and get ideas from the community. Event calendars are available on-line. There is also a quarterly magazine. There are two bookmobiles that go in various areas of the community. The goal is to have specific adult services/programs available at all community libraries. Members/guests are encouraged to email new program ideas to Bryan at biyssong@frederickcountymd.gov.

Mission Moment, Susan Hofstra– Susan is the Urbana Senior Center (USC) Supervisor. The Urbana Senior Center shares a building with the Urbana Library. Seniors at the USC did participate with the Teens Teach Tech program and received assistance with iPads and iPhones. The goal of the Center is to foster and develop community within the Center. Seniors who come to the senior center assist each other and build relationships. Participants come from various areas of the county and from Montgomery County for a variety of programs. Some of the activities are based on participant requests. Every third Tuesday the Center hosts "The Inside Scoop" which serves information on a variety of health topics and an ice cream sundae. Two Urbana high school students are assisting with a water color class. Tai chi, yoga, and strength training classes are

all offered. This Center has a very diverse population and there are two English as a second language classes each week. The knitting group at the center have been teaching teens some knitting skills. The first Tuesday night of each month is an out to dinner event to different ethnic restaurants. Susan stated that the seniors in her center say that Senior Centers keep people in their home longer because it offers socialization and limits isolation. The USC is very small physically, but Susan makes good use of the room available. Susan is the only staff person at this center.

Susan also plans the day trip schedule. There is a new trip flyer available every quarter. The trips are varied and offer seniors a chance to visit some places they would not have gone alone. Trips have included white water rafting and horseback riding.

Update on DoA/Activities, Carolyn True – Carolyn welcomed everyone and thanked them for attending today's meeting. Carolyn stated that the fiscal 2018 budget process will be starting in a few weeks. The Department will be looking at different items for the budget, but if the Commission has any items to be included please let Dianne know.

There will be a Volunteer Fair on Tuesday, September 9th from 9:00am until 1:00pm. Kitty brought a small flyer for distribution. This is an opportunity for local companies/agencies to recruit volunteers for their organizations. One was held two years ago and it was successful. Members and/or guests should let Kitty know if you would like to register to attend. Pam Simonson, Executive Director of The Volunteer Center Serving Howard County, will be a speaker during this event. There is a \$20.00 registration fee or a donation of a door prize for registering agencies. Lunch is available with a reservation.

The Local Health Improvement Plan Summit is on September 13th. Members and guests are encouraged to attend this event and advocate for the older adult population. It will be held at the Frederick Community College Conference Center. It is an all-day event from 8:30am – 3:30pm. There is an on-line registration and space is limited. Carolyn encouraged everyone to attend and be vocal about issues that affect the senior population.

There has recently been an availability change in the Senior Assisted Living/Group Housing subsidy program administered by the State of Maryland. This funding would be available for seniors 62 and older, who meeting certain eligibility criteria, and live in a 4-16 bed facility. This program would provide an eligible participant \$650.00 toward their living costs at the home. Frederick County has historically not

been eligible for any of the funds, but this may change due to attrition. This is a work in progress. The State is currently considering changing the funding formula. Some counties already receiving funds may lose some of the money. Frederick, St Mary's, and Calvert counties do not receive any funds at this time.

A Healthcare Navigator with Maryland Health Exchange will be working at the Department of Aging offices two days a week. Her name is Sophie McCormick. She will be helping clients navigate the insurance exchange. It brings in a younger group of individuals and is a good outreach opportunity.

The MAP Advisory Committee is expanding. There are new members; one from FMH and two representatives for the disability community. Maryland Access Point program requires the Department to provide services to the disabled population. The focus historically has been the older adult, but that has changed. These Advisory experts will assist the Department in how to best serve this population.

The Groceries for Seniors event held on June 3rd distributed food to 101 households. There were many new faces/clients at this event and there were many new volunteers. The next date is September 2nd.

The last topic for the Summer Speaker Series evening program at the Frederick Senior Center will be on Wednesday, September 7th. Cris Lovetro will be presenting information on "Doing it my Way" regarding estate planning/end of life issues.

Carolyn distributed an article on *Maryland Medicare Model for the Nation*. This is good information about the care transitions and is a good resource. She also distributed statistical information for some of the Department of Aging programs.

- V. Public Comment** – There was an expression of thanks from a member of the audience for the work done by the Department of Aging. Carolyn gives all credit to the dedicated staff of the Department. Elly Jenkins from the Department distributed information at a recent church event and made people aware of subsidy programs they were not aware they are eligible for. It was a successful outreach event.

VI. Old Business –

VII. Senior's First, Mary Beachley – No report.

Welcome Packet, Policy, Procedures, By-laws Process, Dianne Lewis – Dianne distributed some information to members of the Commission with ideas on how to make the Commission more user-friendly. A member handbook is being developed to include pertinent information to include some history, letters from leadership, a list of current members, meeting dates/locations, recent by-laws, and a list of email address for current members. Information from the various subcommittees will also be included as well as information regarding the Dept. of Aging programs. Carolyn will put together some information and included in new membership will be a mandatory meeting with Carolyn to understand what is going on at the Department. Members are encouraged to make comments or send suggestions to Dianne or Karen Lewns who are working on this project. Leslie invited members of the audience to consider joining any of the subcommittees. There is a strong need for community involvement. There are six subcommittees attached to this Commission.

VIII. Nominating, Bobbie Speace – Bobbie reported that this Committee has not met recently, but there were two recent resignations. Because of these two new open positions, the Committee will begin to review previously submitted letters of interest. The open positions will also be advertised and interviews will be set up. One of the recent resignations was the Commission liaison to the Adult Public Guardian Review board and this liaison will need to be replaced. Karen Lewns volunteered to take on this task.

Business Task Force, Tom Lawler – Tom stated that this group is working on two initiatives. Kathryn Nicolato with the City of Frederick is working on a PowerPoint for the caregiving initiative and this was the focus of the July meeting. At the August meeting Tim Shaw, Executive Director of Senior Connection, a successful non-profit in Montgomery County, spoke of their program which assists seniors with transportation issues. There was some discussion on options for senior employment and if this is something the Commission should be looking researching. It was suggested that someone from Workforce Services could attend one of the meetings to present information on the topic.

Public Policy, Ann McDermott – Ann reported three issues that affect locally and nationally. The State Health Insurance Assistance Program (SHIP) program provides general information about Medicare and its associated pieces. It also provides one-on-one counseling. Ann reviewed some recent legislative actions and proposed changes that may affect the funding that is attached to this

very important program. Carolyn states that there is a lot of support for this program. It provides an abundance of assistance to consumers when they are navigating the healthcare system.

The second issue is with the Guardianship program and the problem that develops when there is no guardian of person and a difficult healthcare decision needs to be made. If there is a guardian of property, this person does not typically make healthcare decisions. This is not a large scale issue, but can be large to those involved in a dilemma. Carolyn stated that it is also an issue when there is a guardian of person but not property and no one is assigned to manage the money/pay the bills. Ideally, the guardian of person should be appointed at the same time a guardian of property is assigned.

The Maryland Dept. of Aging is working on updating their funding formula for allocations to the AAAs. In some cases, they have been using old census data and this affects the amount of money delegated to local areas.

Health, Mary Beachley – No report.

Aging in Place and Community, Thea Ruff – Thea stated that this group has only met one time and she would like to have more members on the Committee. They will be redefining their purpose and moving away from the Village Concept. They will research ways to make communities more aware of seniors (and their needs) who live in their communities.

Communications and Outreach, Sandra Wastler – Marie Reeves reported for Sandra at today's meeting. Sandra is also looking for more members. She is requesting approval for the survey that was presented at last month's meeting. Dianne will be meeting with Sandra before the next Commission meeting in September. Marie will be forwarding a PowerPoint from Sandra to members of this Commission. Sandra is also developing a newsletter for the Commission to review.

Approval of Subcommittee Reports, Leslie made a motion that all subcommittee reports be approved. Thea seconded the motion. All were in favor.

- IX. Announcements** - Dianne read a note of thanks that the Commission received from Shirley Grier. Shirley was recognized at the May Commission meeting as a prominent volunteer in the senior community.

8/8/16

Leslie stated that the Commission will have a table at the Elder Expo on October 12th. Please let her know if you are able to take a shift at the CoA table. Leslie volunteered to set up the table. There will be a Caregiver Conference the evening before the Expo and it was requested that someone be at the Commission table during this event. This is a good opportunity for the Commission to reach out to the senior community.

This Commission also has a Facebook page which is a work in progress. There will be information about future meetings on this page. The rest of the year's meeting will be held here. Melissa Hite from the FMH Dental Clinic will be the speaker at the September meeting. Dr. John Molesworth from the Emergency Department will be at the October meeting and will discuss issues that affect seniors while they are in the ER. Leslie will provide a list of this year's meeting locations and speakers at next month's meeting.

Ernell Graham spoke briefly about Partner's in Care which is a local non-profit providing transportation and other services for seniors. This group will participate in the Unity Campaign. If you are contributing to the Unity Campaign, please make your donation to this organization. Ernell also provided some informational resources for this agency which is always seeking new volunteers.

X. Adjournment -

Dianne thanked everyone for attending today's meeting. The meeting adjourned at 2:40 pm.

Respectfully submitted,

Susan M. Ramsburg
Recording Secretary